



EQUINE INTEGRATIVE MEDICINE BASED
ASSESSMENT & REHABILITATION STRATEGIES
COURSE

(OPTIMIZING HORSES STRAIGHTNESS, BALANCE & PERFORMANCE)

Featuring Kerry Ridgway, DVM and
Manolo Mendez, Specialist in Dressage

Saturday and Sunday, Nov 23 and 24th, 2013
Equestrian La Mancha, Melbourne



Course Purpose

This unique two-day course, has been developed specifically for Equine Wellness Professionals.

Designed to teach students about the causes of equine laterality (crookedness & unevenness) and its consequences on equine soundness and performance, this cases-based, practical course will take students through the real-life assessment and treatment of six sports horses suffering from common sports horse ailments including ulcers, tendon and ligament injuries, sacro-iliac and lumbar pain, TMJ, hyoid, atlanto-occipital pain, and more.

Students will learn to assess horses and develop a better understanding of how to straighten and rebalance horses using integrative medicine in tandem with in-hand and ridden corrective work.

The course will focus on the equine fascial, CNS and musculoskeletal systems, three systems often overlooked in the well being of the horse.

Dr. Kerry Ridgway, DVM will demonstrate and explain his evaluation process and the unique acupoints diagnostic and treatment protocol he has discovered to treat musculoskeletal pain and ulcers, as well as the advanced soft tissue mobilization techniques he uses to investigate musculoskeletal issues on horses, especially the performance horse.

Manolo Mendez, horseman and dressage specialist will demonstrate his checking process and in-hand, hands-on and ridden re-alignment and rehabilitation techniques.

Students will learn the importance of assessing horses statically and dynamically to develop a “whole horse” perspective of equine issues.

When the course concludes, the students should be able to:

- Look at a horse’s body and identify what specific patterns of laterality may be present

- Recognize unhealthy equine postures, and understand how and why they contribute to crookedness and lead to unsoundness
- Recognize good equine postures and understand how and why they are healthy and lead to soundness and better performance
- Understand basic training principles that promote equine straightness and balance
- Understand the role of integrative medicine and training in supporting, restoring or enhancing equine straightness and balance.

The course will be divided between:

- Laterality pattern evaluation tutorials (dynamic and static)
- Hands-on explanation and demonstration of the best integrative medicine treatment plan (acupressure, stretching, bodywork and more) for each case
- Demonstration of the best course of in-hand or ridden corrective gymnasticizing exercises for each case

Who should attend?

This symposium is designed for equine wellness professionals such as veterinarians, osteopaths, acupuncturists, vet techs, farriers and massage practitioners

interested in the relationship between biomechanics, training and equine soundness.

Why should you come?

Every horse is born with a degree of laterality, which can be lessened or worsened through training and management. Crooked, asymmetric, and uneven are also terms used to describe laterality. The consequences of uncorrected crookedness include impaired performance, lameness, training and behavioral issues.

Most of the musculoskeletal issues (including lameness) that veterinarians treat every day in their practice have their roots in the issue of crookedness. From a training standpoint, crookedness unaddressed, leads to horses with un-pure gaits, straightness, suppleness, bend and balance issues. This can translate into lowered performance and career-interrupting or ending lamenesses.

Most hoof growth patterns and asymmetric heel height patterns that are seen daily by farriers result from a specific forelimb dominance.

The muscle patterns seen by equine bodyworkers are over 90 percent related to crookedness. Many performance issues seen by trainers are related to unidentified and unaddressed laterality. In short, anybody dealing with horses will benefit from understanding laterality.

Without understanding the causes and biomechanics of asymmetric heel heights that are a serious compromise to

the long term use and soundness of the horse, the problem will likely not be addressed. Veterinarians will only treat the symptoms and consequences.

Through understanding the causes and biomechanics, Equine Wellness Professionals can work as a team with owners, trainers and farriers to correct, or at the very least, manage the condition to keep the horses more comfortable and sound.



COURSE DESCRIPTION

Over the course of two days and the assessment of six horses, the class will be exposed to two key concepts affecting equine health:

Laterality: The Crooked Horse Syndrome

An examination and explanation of the biomechanics of the “natural horse” and how the biomechanics must be changed for the horse that is to be ridden. Dr. Ridgway will discuss show how “laterality,” i.e. right or left forelimb dominance is the source of the “crooked horse syndrome.” The human biped (right or left “handed”) will be contrasted with the forelimb dominance of the quadruped horse. The examination will show the owner/trainer/veterinarian can identify the dominance and the associated problems.

The Causes and Biomechanics of Asymmetric Heel Heights

Any horse with a high/low heel problem is by definition a crooked horse and his performance and soundness will be compromised. Over 70 percent of horses show front foot heel height asymmetry. The most common cause is associated with laterality, but this is not the only source. This course will cover both causes and correction.

Asymmetry changes joint angles from the ground up, causing a marked asymmetry of the shoulder and muscles behind the shoulder. This results in serious problems with saddle fit and the ability of the rider to sit straight and properly in the saddle.

On both days, Dr. Ridgway and Manolo Mendez will conduct:

Practical Equine Locomotion Evaluations and Equine Musculoskeletal Evaluation Techniques.

Using chalk and dots, Dr. Ridgway and Manolo Mendez will teach participants how to evaluate horses gaits for symmetry, regularity, scope and straightness. At a halt and in movement, particular attention will be placed on healthy diagonal pairing, whole body placement, head and tail position, and how the pectoral and gluteus muscles move in contrast to one another and more. Six horses will be evaluated in-hand at walk, trot and canter.

In addition, Dr. Ridgway and Mr. Mendez will teach participants how to evaluate horses for laterality patterns

(crookedness & unevenness) from a musculoskeletal perspective and how to “scan” their horse’s body for existing and future issues, paying special attention to how to recognize irregular hoof alignment, detrimental postures, poor or good neck, back, and croup muscle development, tone and shape, coat texture and patterns and more.

Using different horses throughout the days, Dr. Ridgway and Mr. Mendez will cover how to:

- Identify key bony and muscular landmarks, and discuss the importance of each landmark, what to look for muscle tonus, size and feel-wise, and why it matters.
- Compare and contrast both halves of the horse, defining and demonstrating symmetry and explaining why it matters.
- Execute range-of-motion exercises and help Equine Wellness Professionals evaluate horses strong and weak points to develop a muscular rebalancing and straightening training program accordingly.
- Use in-hand or ridden exercises designed to straighten and rebalance the horse according to its specific needs.

Dr. Ridgway will cover acupoints indicating musculo-skeletal issues and:

- Theory of acupoints for assessment Contraindications (and common sense)

- Related pathologies of thoracolumbar region/pelvis
- Related pathologies of the cervical region
- Related pathologies of the forelimb and the hindlimb
- Gait Assessments in regards to clinical reasoning and applications

Soft tissue techniques used by both Dr. Ridgway and Manolo Mendez to address musculoskeletal, CNS and fascial issues include:

- Massage techniques
- Myofascial techniques
- Soft tissue mobilization and releases
- Range of motion exercises targeting regions of the spine, pelvis and limbs.



Biographies of the Instructors

Kerry Ridgway DVM

Kerry J. Ridgway, DVM is a US based “Integrative Medicine” specialized veterinarian, competitor, author, judge, and instructor who lectures around the world teaching veterinarians, trainers, and riders about issues that compromise equine health such as laterality, high and low heel syndrome and ulcers. Dr. Ridgway’s “whole horse health” approach marries conventional medicine and alternative treatment modalities such as acupuncture, chiropractic, hoof care, saddle fit, kinesiology, neuromuscular and myofascial therapies, as well as dental health and nutrition.

Most recently Dr. Ridgway contributed a chapter to Pete Ramey’s new book “Care and Rehabilitation of the Equine Foot,” and studied for the last several years in the USA and Germany with Klaus Schoneich, author of “*Straightening the Crooked Horse: Correct Imbalance, Relieve Strain, and Encourage Free Movement with an Innovative System of Straightness Training.*” In 1990, Dr. Ridgway was elected to the Endurance Hall of Fame for his contributions to the sport, and for his development of the “Cardiac Recovery Index,” a standard adopted internationally. He became the first approved FEI Judge when the sport of endurance riding was officially recognized as a discipline by the FEI. Dr.

Ridgway is also a founding member of the "International Association for Equine Sports Medicine," and served many years as the chairman of the American Veterinarian Advisory Committee for the American Endurance Ride Conference.

Dr. Ridgway is also the author of two DVDs on Saddle Fitting and Ulcer identification and treatment through acupressure.

For more information visit: <http://www.drkerryridgway.com>

Manolo Mendez

At 18, Manolo Mendez was one of six founding members of the Royal Andalusian School of Equestrian Art and its very first Head Rider, working closely with School Director Don Domecq. Based in Jerez, Spain, the school is one of the four classical schools of riding, which include the Cadre Noir in Saumur, the Spanish Riding School in Vienna and the Portuguese School of Equestrian Art in Lisbon.

An expert horseman with over forty years of experience spanning classical dressage, Doma Vaquera and jumping, Manolo Mendez is considered one of the world's leading expert on piaffe, passage and pirouettes. However, it is not this facility with the 3Ps that sets Manolo apart but his ability to rehabilitate horses.

Always a considerate rider and trainer, Manolo became increasingly passionate about the intersection of equine soundness, wellbeing, welfare and training in the early seventies and began experimenting with bodywork, in-hand and riding to develop, enhance or repair the horses that were entrusted to him.

To this day, Manolo uses his custom three prong approach daily. He will dismount and use in-hand or bodywork to unblock a horse or facilitate its learning. His work is characterized by an ability to inspire trust and confidence in horses, feel and create spinal alignment - including under saddle - and create and restore rhythm, balance and straightness. One could say Manolo works within what Dr. Bennett calls "the envelop of release" and what Dr. Denoix speaks of when he notes the relationship between muscular tonus and emotional equilibrium.

"The horse's muscles provide the earliest indications of anxiety. Muscular tonus is closely involved with variations in its psychological state.

*It is important to recognize that **emotional equilibrium** is as vital to optimum sporting performance as the physiological readiness of the underlying mechanical structures, **which will not perform on command unless the horse is comfortable and confident.**"*

~ Denoix & Pailloux, *Physical Therapy and Massage for the Horse*

In all his work, Manolo is dedicated to a soft, sympathetic and thorough training method, which prepares horses physically and psychologically for each stage of training, from Training Level to Grand Prix. He uses the same approach while working with horses from every discipline including western, jumping, eventing, working equitation, hacking and even...driving.

Over the years, Manolo has become sought after by riders, veterinarians, chiropractors and other equine wellness practitioners for his holistic approach to training, developing and rehabbing horses, which incorporates his unique brand of bodywork, in-hand work and riding.

For more information visit:
www.manolomendezdressage.com



LOGISTICS

WHEN: Nov 23-24, 2013 from 9:00am to 6:00pm

WHERE: Equestrian La Mancha, 65 Mundy Road, Sunbury, VIC 3429

PRICE: \$400 for both days

Price includes course materials from Dr. Ridgway, lunch both days and coffee, water, tea, snacks.

Price does not include Group Diner on Saturday night - location TBD

Location is Manolo's private barn Equestrian La Mancha which has a large completely enclosed indoor arena with a kitchenette and fireplace as well as an outdoor court and comfortable rest room.

Depending on weather, horses will be evaluated inside and/or outside.

Participants will have the option to purchase "In-Hand Lessons with Manolo Mendez: an Introduction to Working In-Hand" new in-hand DVD for \$40 including tax instead of \$69.95 plus tax.

HOTELS and MOTELS:

La Mancha is within a 15 minute drive of both Sunbury and Gisborne both of which have motels and hotels as well as rbnb accomodations.

http://www.tripadvisor.com/QuickGuide-g552259-Sunbury_Victoria.html

<https://www.airbnb.com/>

TERMS

Because the course is 9 weeks away, the course full amount is required at registration. Not refunds unless the course is cancelled.

If you cannot attend, every attempt will be made to find a replacement and you will be reimbursed if one is found.

Payments should be made via check to:

Manolo Mendez

Equestrian La Mancha, 65 Mundy Road, Sunbury, 3429 VIC

Diet Specifications: Email Caroline Larrouilh at clarrouilh@gmail.com if you are a vegetarian or eat gluten free so we can organize a proper lunch for you :-)

We are very excited to offer this very special course and we look forward to having you with us.